

Useful
Hints

Woman and Home

Ethical
Talks

Making Matches

Why the Mother Should Take This Role to Aid Daughters.

By "W. M. S."

Mothers ought to be matchmakers, but of the right kind—not husband-hunters, who only seek to see their daughters married to wealth and position, with no thought of their ultimate happiness.

The mother of a family of grown-up daughters is sometimes afraid of being dubbed a "matchmaker," though in her heart she wants to see her girls happily married. There is nothing wrong in this. And, after all, how is the average man of moderate means to cultivate an acquaintance with a girl he admires unless he has opportunities of seeing her from time to time? He cannot afford to be constantly taking her out, nor would he be allowed to do so.

The very type of mother who cries: "No one can ever accuse me of encouraging my daughters' admirers!" is also the first to exclaim against her girls spending any length of time unchaperoned with men to whom they are not formally engaged.

Wins His Admiration

When "father" comes home tired and worried and one of the girls quietly and tactfully "mothers" him and coaxes him from irritability to good temper the visitor unconsciously looks for similar ministrations, and he begins to imagine what his own home would be like with that particular woman ruling it.

And when he sees a girl capable and resourceful in the home and quietly helpful to her mother he is unconsciously drawn towards her, and each time he leaves the house his admiration for her has increased.

This question of a mother's encouragement of her young daughters' admirers, too, gives her opportunities of studying the young men herself. She knows quite well that in nine cases out of ten, the man who has anything to hide of which he is ashamed will not bring himself very frequently under the older people's notice. If he does come he is palpably ill at ease; and, after a time, when he steadily refuses to visit the girl's home, where he knows he is sure of a welcome so long as he behaves in an upright and honest manner, that girl will, if she be of the right sort, have nothing more to do with him.

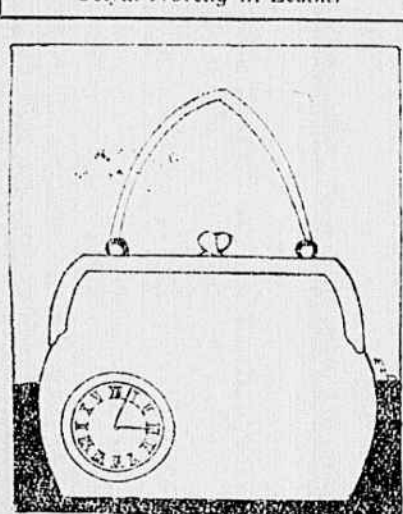
Girls whose mothers and fathers are acquainted with their friends, male or female, are not generally the kind to meet stern restrictions and commands from their elders before they arrive at a right judgment of character. They are usually honest and open in their own actions, and quite capable of forming a clear-sighted estimate of the character of others.

So that the "matchmaking" mother of the right kind—a cheerful hostess and a true friend—often succeeds in making her daughters not only charming, easy, natural and entertaining, but also brings into play their own judgment and self-reliance.

And the girl who possesses all these good qualities—charm, ease of manner, self-reliance, and a well-balanced mind will not have to seek her husband. The mother need never fear that the young men will begin to think they are being "run after."

Bag With Watch

Useful Novelty in Leather



A leather shopping bag, with place for the watch where it can be seen easily, is a very useful thing.

Deep Breathing

By Artoinets Donnelly

A woman went to a doctor and asked for a tonic. She gasped with astonishment when he directed her to go into the open air five times a day and fill her lungs to the fullest capacity ten times while lying upon her back and lifting the arms sidewise with each inspiration, setting back of the heels and letting the arms fall with each expiration. The doctor told the patient that oxygen was the divine tonic and the proper way to take this medicine was through a systematic practice of deep breathing.

The woman followed the doctor's advice, and she found it all that he said for it. She further found that she sensed away the blues and worries that used to assail her in hours as she moved about her household duties.

It is a fact that shallow breathing are usually downcast, moody and dependent people. You rarely ever see a person with a good lung capacity and with the fresh-air habit discouraged and unhappy. The less deeply you breathe the more you are going to worry. The more deeply you breathe the less you'll worry.

"Shallow breathing," says an expert on the subject, "favors the accumulation of poisonous gases in the blood and the stagnation of blood in the internal organs. These poisonous substances accumulating in the blood stream bedevil the mind, producing a state of mental and physical health which greatly increases the moral struggle. That is, impure air or in-

New Separate Skirt

Brought to Favor by Topcoat



The fashionable topcoat brings the separate skirt into favor. One new style skirt was of dark, rich-checked cloth, with side pockets and belt of black velvet. Satin and broadcloth is a fashionable combination in these new skirts. There are blue serge skirts smocked at the side to give the necessary fullness required this season. Warm with this striking black and white striped skirt is a lovely tailored black velvet coat.

Sufficient breathing makes it much harder for one to live a happy, tranquil and even-tempered life."

Brain action is greatly improved by deep breathing. Here's a little experiment to prove this: Next time you find yourself in the midst of a book or paper, too tired to go on, and getting little out of what you have already read, put down what you are reading and go to the window, throw it open and slowly fill your lungs to their fullest capacity twenty-five times. Then take up book or paper. A new lease of mental energy is the reward and the powers of concentration heightened.

Edna—"The only thing for you to do is to take a walk every night and morning, and do not walk for a less distance than a mile each time—make it two miles if you can. It will take time and patience to correct enlarged pores, but I am sure if you will persevere you will obtain the desired results. This is a simple lotion for enlarged pores. Dissolve in a quart of water: elder flower water, two ounces; simple tincture of benzoin, one-half ounce; tannic acid, ten grains. Apply the lotion night and morning with a piece of absorbent cotton. I shall be glad to send you my formula to promote the growth of the eyebrows and eyelashes if you will send me a stamped, addressed envelope."

A. D. H.—You neither sent me a stamped, addressed envelope nor gave me your address, so I could not mail you my formula for massage cream. I am, however, printing it for you. One ounce white wax, one ounce spermaceti, two ounces lanolin, two ounces coconut oil, four ounces of oil of almond, four ounces orange flower water, and a quarter-ounce of boracic acid. Melt all the oils and the wax in a double-boiler, remove from the fire and beat until cold, adding slowly and gradually the orange flower water, in which the boracic acid has been dissolved. Lastly, pour in five drops of benzoin. Be sure that the ingredients are fresh and of the best quality.

Josie—"Once a day is much too often to use soap on your teeth. It should not be used oftener than once a week, and there are many persons who cannot use soap at all on their teeth. I should think your dentist would be able to advise you about it, as he undoubtedly knows the condition of your teeth. I shall be glad to send you my instructions for the care of the teeth and mouth hygiene if you will send me a stamped, addressed envelope."

Margaret and Eugenia—"I shouldn't call blackheads a fault; they are simply facial blemishes, as dandruff is a misfortune. Try this remedy for dandruff: 1 dram, 2 drams, grain alcohol, 2 drams; glycerin, 1 ounce, and of rose-water a sufficient quantity to make 4 ounces. Rub thoroughly into the scalp a change of color that gives to light gray or white hair a dingy or yellowish cast. This may be obviated by the addition of ten grains of salicylic acid to an ounce of the solution. Apply this to the scalp every night before you massage it. I shall be glad to send you my treatment for blackheads and pimples if you will send me a stamped, addressed envelope."

Mildred—"The squatting exercise is the best all-round exercise for keeping the body in good, general condition. Stand erect with your arms at the side of your body. Then swing your arms laterally and above your head, at the same time inhaling deeply through the nostrils, and sink the body to the floor in a squatting posture, bending the knees sharply until the thighs and legs are doubled upon each other and the weight of the entire body is supported by the toes. Then assume standing position again and swing the arms to the side of the body and exhale with force. The trunk must be held perfectly erect throughout the movement. Practice the movement five times each morning and evening, in fresh air if possible, gradually increasing to twenty times morning and night. It may seem hard at first, but do not give up."

Apples on a Bed of Rice

One cupful of cooked rice, 8 apples, 2 cupfuls of sugar, 1 cupful of water, 2 tablespoonfuls of lemon juice, strawberries, 12.

Press rice into charlotte russe mold. Reheat in steamer. Pare and core apples. Cook in syrup made of sugar and water until tender. Remove apples, boil syrup until thick. Arrange rice, average apples around rice, fill cavities in apples with jam and pour sauce on them.

Open-Air Schools

By William Brady, M. D.

The open-air school habit is getting better every year. People in general are letting a little common sense trickle into their cerebral hemispheres, and the school children, especially the physically defective ones, are reaping the benefits of open-air life.

New York City has some 250 open-window schoolrooms, and the children fortunate enough to be in those rooms make just a little better progress in their schoolwork than do children in closed-window schoolrooms, as one would naturally expect. If fresh air is good for the body it is good for the mind.

Open-window schoolrooms are all right for merely anemic children, or those with catarrhal tendencies, or those threatening to undergo operations for enlarged tonsils or adenoids. But open windows are of little use to children of families or households where tuberculosis exists or has recently existed. Open windows bring in some fresh air—and fresh air is nothing but cold air, but there is still something to be gained in a real open-air schoolroom that can't be had in an open-window schoolroom. We are unable to define what this something is, but we know it. We know there is something the porch bedroom adds to health that the open bedroom window does not add. And there is something the open-air shack brings to the victim of tuberculosis that open windows will not bring. Perhaps it is light, or some chemical influence. We can't define it, but it is there in the open air.

In every school there are at least some children whose health demands the open-air schoolroom, saying nothing of the anemic, nervous, run-down teacher herself.

Have you an open-air room in your district building? Or do the people in your district feel that fresh air in a school child has the better for the teacher?

Questions and Answers

Antioch—"Is there any danger of untoward action from a dose of diphtheria antitoxin administered to a person who has been previously injected with lockjaw antitoxin (about a year previously)?"

Answer—"Yes. Once injected with horse serum the individual may be 'sensitized,' and suffer severely from hives or erythema or asthmatic symptoms, or even anaphylactic shock, if given more horse serum weeks or months later. But in such a case the doctor may inject a few drops as a test, and if no unpleasant reaction follows inside of two hours a full dose may be safely administered."

A Cough Medicine—"If not asking too much, will you please repeat the formula you printed two days ago for an old-fashioned cough medicine?"

Answer—"It was something like this: Citrate of soda, 1 ounce; Licorice powder, 1/2 ounce; Flaxseed meal, 2 ounces; Glycyrrhine, 1 ounce; Chloroform, 1 ounce; Water, enough to make one quart. First boil the flaxseed in the water, stirring it in gradually. While it is boiling add the citrate, then the licorice and glycyrrhine. Let it cool and add the chloroform. Shake thoroughly through the day. Keep tightly covered. Next day strain through muslin. The two-hour dose is teaspoonful for child, teaspoonful for adult."

Prominent Men and Women
Declare for World Peace

Meeting Held Under Auspices of U. S. Section of International Committee for Permanent Peace.

WASHINGTON, January 9.—Thousands of prominent men and women crowded the meeting of the Woman's Peace Party today and declared enthusiastically for world peace. The meeting was under the auspices of the U. S. Section of the International Committee for Permanent Peace, Miss Jane Adams, chairman, presided.

Mrs. Lavinia Lloyd Dock announced the word "preparedness" as another form of "teach the boys to kill."

"Before the war the United States was spending 67 per cent of its Federal income on war, while Germany spent 55 per cent, Japan 45 and England 35 per cent," said Mrs. Dock.

"Submarines and less costly sea defense would give us adequate protection surely in place of the expense of battleships. Nikola Tesla prophesies that in the near future we shall have adequate defense by wireless control of creviceless vessels."

"Let us peace workers encourage development of this type of defense for the hypothetical foe, whose ghost is haunting the American public."

Miss Janet Richards advocated "economic pressure" as one of the simplest and most effective deterrents of war. Miss Richards pointed out the helpless state in which a nation would be with all other nations united to paralyze its trade and industry.

Without the arming of a man or the firing of a gun war would be rendered impossible by means of an international boycott against a would-be belligerent," said Miss Richards.

"The objection of youth in the ideal of peace" was pointed out as one of the effective means of maintaining world peace by Mrs. Fannie Fern Andrews, of Boston. "The teaching of history," said Mrs. Andrews, "offers a distinctive opportunity of interpreting the functions of citizenship in the family of nations. Children should be taught the constructive achievements of the people of the United States and the wars in which we have been engaged should be represented as temporary interruptions in the pursuit of these achievements."

Census of Cereals Ordered

ROME, January 9.—At the cabinet meeting today the session was wholly devoted to a discussion of internal problems. Attention was devoted especially to the unjustified increase in price of wheat. After the meeting a decree was issued ordering a census of all cereals.

"BEST YEAR IN HISTORY,"
REPORTS SECOND BAPTIST

Congregation Hears Optimistic Reports From Committees at Annual Meeting.

PRESENT MEMBERSHIP IS 939

Chairman Crump, of Finance Committee, Submits Statement, Showing That Church Has \$304 in Treasury After Paying All Bills.

"The best and most prosperous year in its long history" were the words which formed the keynote of all of the reports of the officers, boards and committees made at the annual meeting of the Second Baptist Church, held in the lecture-room of that church yesterday afternoon.

The meeting was called to order at 3:15 o'clock by Rev. T. Chignett Skinner, D. D., the pastor. The report of Stiles H. Ely, pastor, church clerk, shows the present membership to be: males, 396; females, 543; total, 939. There were added to the church membership during the year by baptism, thirty; by letter forty-nine; by experience and statement, eight; total, eighty-seven. Losses by death, seven; by letter, sixteen; by revision of roll, twenty-two; total fifty-five. Net gain for the year, forty-two.

The report of J. J. Sutton, missions treasurer, shows that for six years the church has conducted a missions program. The church has been annually increasing, but last year's increase was the greatest of any one year, being \$1,995.63, a total amount contributed being \$5,897.55.

TREASURY SHOWS BALANCE

FOR SECOND TIME

Robert S. Crump, chairman, submitted the report of the finance committee, in which he said: "The year 1915 was one of the most successful years with the committee, but we are gratified to report that the results obtained were very satisfactory, as we were able to end with a balance of \$304 in the treasury, this being the second year the church has been able to come to the end of the year with a balance on hand. Last year it was only \$52.52."

The report showed the collections through the treasurer for running church expenses to have amounted to \$11,592.75. Collections through the church treasurer were \$8,241.56. Collections from other sources \$6,933.68 more, making a grand total for the year 1915 of \$27,768.99.

The report of William E. Tanner, the church treasurer, carried pretty much the same figures as that of the finance committee. The lengthy report submitted by Charles F. Fisher, superintendent of the Sunday school, shows the following enrollment in the school: officers and teachers, sixty-three; scholars, including department, 1,000; primary department, forty-six; junior department, sixty-three; intermediate department, forty-two; senior department, 601. In addition, there are sixty members of the cradle roll and 225 in the home department, making a grand total of 1,937 in all departments.

The average attendance last year upon the exercises of the school proper was 435. The largest attendance was on October 3, when 569 were present at roll call. The Sunday school exercises are devoted to general purposes the sum of \$1,040.60. The report reviews all of the features in detail, among other things, showing that there were about fifty conversions among the scholars during the year.

YOUNG MEN'S SOCIETY

MAKES GOOD PROGRESS

R. C. Harris, president, submitted the report of the Young Men's Society. This society maintains headquarters at 221 East Main Street, and does a fine work among the men and boys in the factory section of the city. This society has a membership of sixty, and the report shows that it is doing a telling work, the past year witnessing a distinct advance. The young men hold meetings at the mission hall twice a week—Monday night for instruction and recreation and Friday night for prayer, worship and scout work. This society has a church record of 100 conversions during the year. The monthly paper of the church, "The Report," is in a flourishing condition and is doing a splendid work. The society also has a fine record in the societies and minor committees, and all showed progress and enthusiasm in their respective lines. The pastor reported that he had preached during the year eighty-seven sermons, held two revival meetings, one in Charlottesville and one in Greenville, S. C., at which he preached thirty-two times, and had conducted twenty-eight funerals and married fifteen couples.

At the conclusion of the reading of the reports and action thereon officers and committees were elected for the year, numerous changes being made, as the laws of the church require rotation in office.

The fourth Sunday in January was set apart as "Judson Memorial Day," on which occasion the morning service will be in the interest of that foreign nation enterprise.

FRESH OUTBREAK IN HAITI

Admiral Caperton Reports on Suppression of Revolution, With Plot to Assassinate President.

[Special to The Times-Dispatch.] WASHINGTON, January 9.—Admiral Caperton called the Navy Department today that a revolution in Haiti, which had for its object the assassination of the President, had been suppressed, and that three of the leaders have been imprisoned. Admiral Caperton's message said:

"In the disturbance on Wednesday at Port au Prince the party was well organized, the plot covering Port au Prince, Les Cayes and Southern Haiti in general. The blacks headed the movement as distinct from the mulattoes. The leaders in Port au Prince were Pierre, Paul, Misacledio, Pradel, Amable, Hilaire and Philogene. Three of the leaders and some minor leaders have been captured and confined. The movement, it appears, was made in favor of Ex-Senator Paulheur Bourard for President. The plot contemplated the assassination of the President. Northern Haiti is entirely quiet, and does not seem to be concerned in this affair. No cause for alarm. The situation is well in hand."

King Alfonso Signs Decree

[Special Cable to The Times-Dispatch.] MADRID, January 9.—King Alfonso today signed a decree prohibiting the sale of Spanish citizenship to foreigners.

Kahn Makes Another Gift

[Special Cable to The Times-Dispatch.] PARIS, January 9.—Otto Kahn, for the third time since the beginning of the war, has given to the relief of police of Paris \$2,000 for distribution in war-charitable channels.

GOOD-NATURED CROWD
CHASES NEGRO THIEF

Captures Petersburg Purse-Snatcher and Permits Officer to Take Him to Jail.

GREEK SUFFERS HEAVY LOSS

Sells Hopewell Property for \$2,421, Cashes Check, and His Friend, Who Had Aided in Deal, Disappears With Proceeds.

[Special to The Times-Dispatch.] PETERSBURG, VA., January 9.—Saturday was the semi-monthly pay day at the Du Pont works, and the good crowd inclined to such occasions came to the city with its money and checks, visiting the banks and patronizing the stores until a late hour. Though conditions were generally orderly, several exciting, but not serious, incidents occurred during the evening. A negro snatched a pocketbook from a man at the corner of Sycamore and Bollingbrook Streets and took to his heels. The cry of "stop thief" was raised and a large crowd joined in the pursuit. The negro slipped on the street and fell as he turned into an alley, and a number of his pursuers piled up on him. The crowd was good-natured and allowed the negro to be taken to the police station. The pocketbook was thrown away during the chase, but was recovered.

Excitement was caused in Sycamore Street by the conduct of an unknown white man in shooting three times at a fleeing negro, who was obviously a fugitive. The man was pushed against the man by the crowd passing on the street. None of the shots took effect, and the negro escaped by seeking safety in a cellar. The shooter disappeared in the crowd and could not be found by the police.

Improvements in Prospect

A contract has been awarded to R. K. Steward & Son, by Louis Leavitt, Morris Cooper and H. Murchison, joint owners, for the erection of a three-story brick hotel at the South-east corner of Second and East Bank Streets. There will be two stories on the ground floor with a handsome lobby between the second and third floors, to be used for hotel purposes.

H. Cooper and associates, recent purchasers of three brick buildings on East Bank Street, a short distance from Sycamore, are planning to erect a hotel on that property, the ground to be devoted to mercantile purposes.

Joseph L. Rosenberg, of the Jefferson Hotel, and associates, have purchased the Bijou Theater and adjoining building in North Sycamore Street, being West Third Street. It is understood to be the purpose of the purchasers to erect on this site a modern theater with a stage capacity of accommodating any company that may come to Petersburg.

Heavy Money Loss

Bill Frank, a Greek, on Saturday sold a piece of land near Hopewell for \$2,421, for which he received a check in full. In company with Samuel Schulman, who had aided him in making the sale, he came to the city on Saturday afternoon and had his check cashed at the bank. Schulman had the money in hand and left the city on Sunday for his aid in making the sale, and it was agreed that they should go to a lawyer's office to settle the matter of the commission. Schulman made an excuse to step for a moment into a nearby store, promising to return at once to the lawyer's office. He did not return and has not been seen since. A warrant was issued for the arrest of Schulman, charged with the larceny of the \$2,421. It is believed that he has left the State. In the meantime, it is said, the purchaser of the Greek's property has sold it to another party at a profit.

Body Found in River

This afternoon about 1 o'clock the body of a young white man was found floating in the harbor at the wharves. It was pulled into shore to be viewed by the coroner. The dead man had on a gray shirt, black pants, high-top shoes, and overalls. It is believed to be the body of a railroad man. In the pocket was a blankbook, in which, in the same handwriting, appears the names of "F. E. Eanes, Roanoke," and "William Ellis." Nothing is known here of the man, but efforts are to be made to establish his identity.

News Notes of Interest

Mr. and Mrs. J. Powell Garland, of

SWITZERLAND WILL JOIN
FORD'S PEACE MOVEMENT

Sending Five Delegates to Join Those of Other Neutral Nations on Permanent Board.

SIXTH COUNTRY INTEREST

Invitations to Leading Spanish Pacifists Not Answered on Account of Interruption to Cables—Three Meetings to Be Held This Week.

THE HAGUE, January 9 (via London).—Assurances were received this morning that Switzerland is sending five civilians to join those of the other neutral nations in the permanent peace board which it is planned to form as a result of the Ford peace expedition. The Swiss delegates will arrive at The Hague as soon as the interruption to traffic, due to the war, will permit. Invitation sent to the leading Spanish pacifists to join the peace party have not been answered on account of the interruption to cables.

With the Americans leading, the movement already has been joined by delegates from Denmark, Norway, Sweden and Holland, and the expedition this week purposes to establish a permanent board, with five members from each neutral nation. It has virtually been decided that the American will include William J. Bryan, Jan. Adams and Henry Ford.

The purposes of the board are, first, to obtain expert advice on how to proceed; second, to take the initiative in approaching the warring nations with peace terms; and, third, to be prepared to act independently and decisively upon peace proposals, from whatever source they may be offered.

PARTY FOR SOLDIERS

Queen Elena Celebrates Birthday by Entertaining Several Thousand Convalescents.

[Special Cable to The Times-Dispatch.] BOMBAY, January 9.—On the occasion of her birthday anniversary yesterday, Queen Elena gave a theater party to several thousand convalescent soldiers in the local hospital. Refreshments were distributed between the acts.

Queen Elena, Crown Prince Humbert and Princesses Yolanda, Mafalda and Giovanna were present with the Duke of Oporto. All were repeatedly cheered.

KNAPP'S BODY IN ST. LOUIS

Accompanied by Members of Family, Remains of Former New York Times Treasurer Arrive at Old Home.

ST. LOUIS, January 9.—The body of Charles W. Knapp, treasurer of the New York Times, who died at his desk last Thursday, arrived here to-night, accompanied by his widow, his daughter, Mrs. Guthrie McDonald, of Waterloo, Iowa; Louis Wiley, of the Times, and James R. Youatt, treasurer of the Associated Press, of which organization Mr. Knapp was a director at the time of his death.

The party was met at the Union Station by David R. Francis, former Governor of Missouri, and other intimate friends of the family.

THREE DIE IN PISTOL FIGHT

Two Prominent Residents of Harlan County and Negro Member of Bandit Gang Shot to Death.

[Special to The Times-Dispatch.] LEXINGTON, KY., January 9.—Three men were killed to-day in a pistol battle between citizens and a robber band in the mountains of Harlan County.

The dead, Wesley Blair, a wealthy resident of Harlan County; Henry Blair, a brother, and Henry Yearly, a negro member of the bandit gang.

Four bandits tried to hold up the Blairs at the point of pistols on a lonely mountain road. The Blairs immediately opened fire on the bandits, killing Yearly. In the ensuing battle, two of the gang were captured by friends who came to the aid of the Blairs, only to find the brothers shot to death. The remaining members of the gang, armed and hiding in the hills.

—and every claim is based on what thousands of doctors have written

The claims for Sanatogen are based, not on what we might like to say of it—not on the findings of a few investigators seeking to make a good case for Sanatogen—but on the facts that have been found and recorded by over 21,000 physicians during the eighteen years that Sanatogen has been used as a strength-giving food-tonic.

One doctor, or even twenty doctors, might make a mistake in saying that Sanatogen does this or that—but when twenty-one thousand, over their own signatures, state their confidence in Sanatogen, there surely can be no chance of a mistake. Thus, when physicians by the thousands record their observations of Sanatogen's beneficial effects—how it builds up the blood, helps digestion, promotes strength and vitality, thereby giving better health to the weak and run-down—we have a right to tell and you have a right to know about it.

And thus you are safe in placing full confidence in Sanatogen.

Sir Charles Cameron, Dublin, writes: "Sanatogen is of the highest nutritive value. It is an excellent nerve food."

Dr. Ernst Ott, King of England's Private Physician, Marienbad, writes: "I have been using Sanatogen for a number of years in my practice with excellent results."

Sanatogen is sold by good druggists everywhere, in 3 sizes, from \$1.00 up.



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